



BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	Unit 26: Nutrition for Physical Performance
Learning aim	D: Produce a diet and hydration plan to support a selected sport or physical activity
Assignment title	A two-week diet and hydration plan for a selected performer undertaking a specific sport
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been working as a sports nutritionist at an established Tennis club. The club has taken on new players and they are not familiar with sports nutrition and the benefits it can bring to sports performance. One of the tennis players has asked you to help them to improve their sports performance and are interested in following a diet and hydration plan.
Task 1	A two-week diet and hydration plan for a selected performer undertaking a specific sport You will need to produce a two-week diet and hydration plan for a selected performer. You should prepare the plan based on a nutritional assessment of the sports performer. You need to consider the type of sport they take part in, it's level of intensity and how often they train and compete. The plan must be specific to the sports performer and their individual needs. You should use nutritional assessment tools to help identify the sports performers nutritional needs. You will need to provide valid reasons, references or evidence to support the elements of the plan, clearly indicating the benefits it will have for the performer and you should make suggestions for ongoing review. The plan must consider and include the following information: Section 1: Activities • Aerobic • Anaerobic • Muscular strength and endurance • Flexibility • Timing Section 2: Planning diets



	• Appropriate for selected activity • Appropriate for selected sports performer • Assessment of needs • Nutritional assessment tools • Nutrition
Checklist of evidence required	The diet and hydration plan must include the following information: • Activities • Planning diets
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
D.P6	Perform a nutritional assessment for a selected sports performer.
D.P7	Plan an appropriate two-week diet and hydration plan for a selected sports performer for a selected sports activity.
D.M4	Plan an effective and detailed two-week diet and hydration plan for a selected sports performer for a selected sports activity based on initial nutritional assessment findings.
D.D3	Justify the two-week diet and hydration plan for a selected sports performer for a selected sports activity.

Sources of information to support you with this Assignment	Textbooks Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN 9781292134000 Bean, A. The Complete Guide to Sports Nutrition (Complete Guides) Paperback (Bloomsbury Sport; 8th edition 2017) ISBN 101472924207 Bubbs, M. Peak: The New Science of Athletic Performance That Is Revolutionizing Sports (Chelsea Green Publishing Co; 1 edition) ISBN-10: 1603588094 Websites Food Standards Agency www.eatwell.gov.uk Human Kinetics www.humankinetics.com The World Health Organisation www.who.int
Other assessment materials attached to this Assignment Brief	

